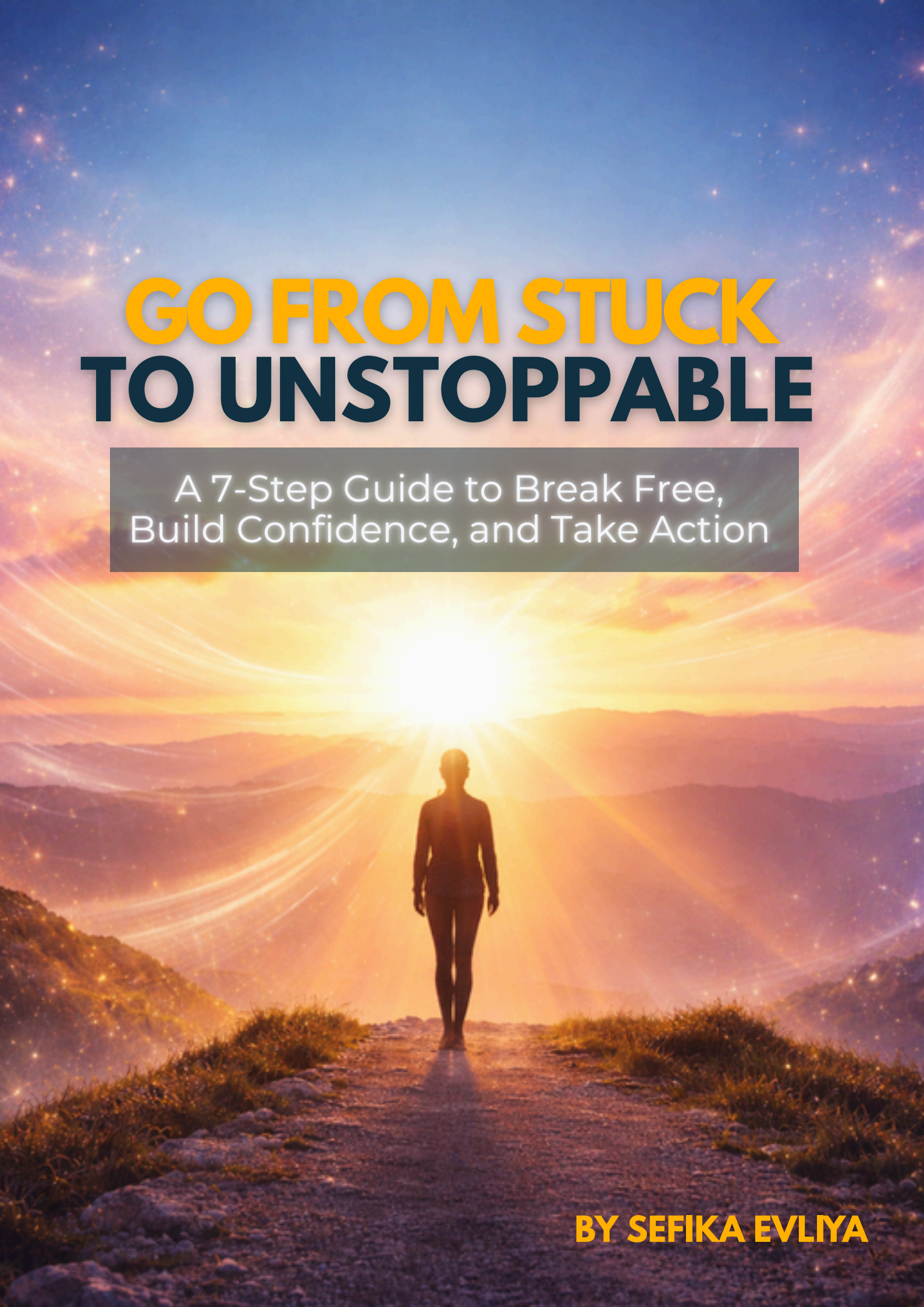

GO FROM STUCK
TO UNSTOPPABLE
A 7-Step Guide to Break Free,
Build Confidence, and Take Action
BY SEFIKA EVLIYA

Welcome!

This is where you stop giving up on yourself.

You deserve a life that feels lighter, braver, and more than the one behind you. And you are capable of creating it, one small step at a time.

This guide is your tool for real change. It's rooted in simple truth: when you slow down and see where you really are, you finally make it possible to choose where you go next.

Here's how to get the most out of the experience:



Take It One Page At A Time

Don't rush. This isn't a race. Read each page slowly and give yourself a moment to feel what comes up before you move on.



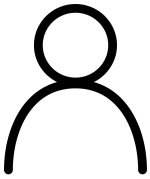
Capture Your Answers

Use whatever works for you, this digital workbook, a printed copy, or a notebook. The key is to get your thoughts out of your head and into a place you can see them.



Take Time For Yourself

Give yourself a little time and space with this guide. Even 10–15 minutes, just you and your thoughts, can make a real difference.



Be Honest, Not Perfect

This work is for you, not anyone else. You don't need perfect words. You just need the truth. The more honest you are, the more this guide can help you move from stuck to unstoppable.

The Truth

You're here because part of you is tired of feeling stuck and ready for more light, more strength, more peace.

And that change starts right now.

You've already taken a powerful first step by choosing this guide, and that one decision puts you ahead of where you were yesterday.

But here's the thing: you can't keep doing the same things and expect your life to feel different.

You want to know the real secret to change... even when life feels heavy and challenging?

It's all here in this guide.

For over 6 years I've done this work through depression, standing on the edge of a window, deep self-doubt, feeling stuck emotionally, mentally, physically, and spiritually, and some very dark moments - then discovering John Assaraf and being in his orbit for 6 years has helped me experience a freedom, happiness, and peace of mind I never believed was possible.

Here's why this guide works:

You can't go from stuck to unstoppable until you're honest about where you are right now.

That's what you and I are doing next.

The first part of this guide helps you look at the patterns, pain, and pressure that have been keeping you stuck, so you can understand what's really going on before we walk through the 7 steps to move you forward.

Take a breath.
Lets begin!

Step 1

Get Honest With Yourself



You've had the good days, the hard days, and the ones you just pushed through on autopilot. Now it's time to be honest about where you really are.

The purpose of Step 1 is to help you see your life as it really is right now, not how you wish it was or pretend it is.

Using a few simple reflections designed to help you get honest about your real, everyday life. They cut through the noise and show you what's actually weighing on you, what's been keeping you stuck, and where even a small bit of hope still lives.

It's honest without being overwhelming, and it makes your next moves much clearer.

So take what you've lived, trust what stands out, and let these next reflections steer you toward a life that feels better than this. Turn the page...

> *There's a big difference between feeling "fine" on the surface and being honest about how your life actually feels underneath.*

Before jumping into the reflections, take a moment to pause and notice what the last few weeks and months have really felt like for you.

What moments stand out to you most?

You won't remember every detail of what you've been through, but you will remember the moments that landed the hardest, use those as your starting point, and let them guide your answers to the reflections below.

Reflection 1

Most days, I feel...

(Be brutally honest about your "normal", not the version you tell other people.

Reflection 2

Right now, what's draining me the most is...

(This could be a situation, a person, a habit, or something you keep replaying in your mind.)

Reflection 3

Deep down, the part of my life I know cannot stay the same is...

(Name the thing that, if it doesn't change, you know you'll stay stuck.)

Step 2

Discover What You Really Want



You've already taken a moment to be honest about how life feels right now. When you pause and reflect, certain patterns begin to appear some things give you energy and meaning, while others quietly drain you.

The purpose of Step 2 is to help you become clear about what you want more of in your life and what you're ready to have less of.

Clarity doesn't require a perfect plan. It simply begins with noticing what you want to experience more often and what you're ready to move away from.

As you complete the exercise, focus on the things that feel most meaningful to you right now. Even small moments of clarity can help you begin shaping the direction you want your life to move. Turn the page...

> "Clarity begins with the moment you decide what truly matters to you."

Getting Clear on What You Want

Taking a moment to think about what you want more of and what you're ready to experience less of can bring powerful clarity. When you begin to name these things, patterns start to appear and your priorities become easier to see.

> When you're clear on what you want more of and what you want less of, you stop staying stuck – and that's the first step toward becoming unstoppable.

Use the questions below to identify what you want to invite into your life and what you're ready to move away from.

More of this in my life...

What do you want to see, feel, or experience more often?

1. _____
2. _____
3. _____
4. _____
5. _____

Less of this in my life...

What are you ready to have less of, even if you can't remove it all at once?

1. _____
2. _____
3. _____
4. _____
5. _____

Clarity Reflection

What has this experience revealed to you about what you've been lacking, and what are you now fully prepared to transform?

_____

_____

Step 3
Find Your Why



You've already started looking honestly at where you are and what's been weighing on you. Sometimes simply putting those thoughts into words can reveal how much something has been sitting beneath the surface.

The purpose of Step 3 is to help you understand why this change truly matters to you.

When you connect your experiences to the deeper reasons behind them, things often begin to feel clearer. You start to see what's really driving your desire for change and why staying the same may no longer feel possible.

These reflections will help you look beneath the surface of what you wrote in the earlier steps. They invite you to notice the fears, hopes, and truths that may be quietly shaping your decisions.

When you begin to understand your deeper reasons, motivation often becomes stronger and more personal. Your "why" becomes something that supports you when things feel uncertain or challenging. Turn the page...

> *"When you know why something matters to you, finding the strength to move forward becomes easier."*

Finding Your Real Why

Understanding why something truly matters to you can bring powerful clarity and motivation. When you take the time to explore your fears, hopes, and the truths you may have been avoiding, you begin to see what is really driving your desire for change.

Use the prompts below to explore the deeper reasons behind what you've written in the previous steps and identify what truly matters to you.

Why Prompt 1

Why I'm really scared of nothing changing:

(What am I afraid my life will look and feel like if I stay exactly where I am?)

Why Prompt 2

Why I'm really longing for things to change:

(Deep down, what do I hope will finally feel different for me?)

Why Prompt 3

Why I can't keep pretending this is "fine":

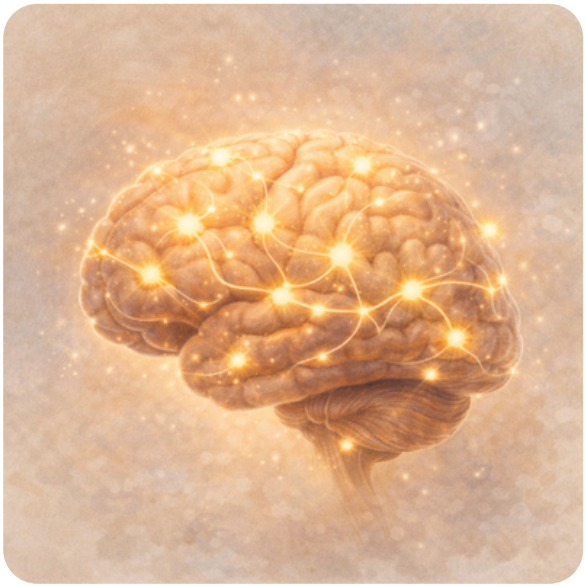
(What truth have I been avoiding about what this is costing me?)

My why in one clear sentence:

Step 4

Rewire Your Self-Talk

The way you speak to yourself has a powerful influence on how you feel, what you believe about yourself, and how you respond when things get difficult.



The purpose of Step 4 is to help you notice the thoughts you repeat to yourself and begin replacing the ones that keep you stuck.

Many of the thoughts that shape your self-talk were formed during difficult moments or repeated so often that they began to feel true.

But thoughts are patterns, and patterns can change.
When you begin noticing how you talk to yourself, you create the opportunity to respond differently and choose words that support you rather than hold you back.

Even shifting one repeated thought can begin creating a healthier and more supportive inner voice. Turn the page...

> "Change the way you speak to yourself, and you begin changing the way you experience your life."

Rewiring One Thought at a Time

The way you speak to yourself shapes how you think, feel, and respond to challenges. Many of the thoughts that hold us back repeat so often that they begin to feel like facts, even when they started in moments of doubt or difficulty.

This exercise helps you choose one thought that has been keeping you stuck and begin replacing it with a more supportive one. Changing even a single repeated thought can start to shift how your mind and life feel.

1. Pull one old thought forward

Think about how you usually talk to yourself, especially when you're struggling or thinking about changing.

Which thought hurts the most when you say it?
Which one keeps you the most stuck?
Which one feels like the most honest place to start?

The one thought I'm choosing to change is:

_____

_____

2. Rewrite it

If this thought was more honest and supportive, what would it sound like?
What would you say to someone you love who was in your situation?

My new, kinder version of this thought is:

_____

_____

3. Help this new thought stick

This new thought doesn't have to feel perfect, but it does need to feel possible.

- How will I know this new thought is starting to stick?
- What might get in the way of me using it – and how will I handle that?

I'll know this new thought is starting to stick when:

_____

What might get in the way – and how I'll handle it:

_____

Step 5

Calm Your Mind & Body

Sometimes the most powerful thing you can do is pause. When your mind is busy and your body feels tense, even small decisions can begin to feel overwhelming.



The purpose of Step 5 is to help you calm your mind and body so you can respond with clarity instead of reacting from stress or overwhelm.

When your nervous system begins to settle, your thoughts often become clearer. A short moment of breathing and grounding can help release tension and bring your attention back to the present.

This step introduces a simple reset you can use anytime you feel mentally crowded or emotionally stretched.

Take the next few minutes to slow down, breathe, and gently reconnect with the present moment. Turn the page...

> *"When your mind settles, clarity returns and the next step becomes easier to see."*

The 2-Minute Daily Reset

Sometimes the most powerful thing you can do is pause. When your mind is busy and your body is tense, even small decisions feel heavy. This short reset helps calm your nervous system so you can think clearly and move forward again.

Pause

Sit comfortably with both feet on the floor. Let your hands rest on your legs. Gently close your eyes if that feels comfortable.

Breathe Slowly

Take a slow breath in through your nose for 4 seconds.
Hold for 2 seconds.

Then breathe out slowly through your mouth for 6 seconds.

Repeat this for 5–6 breaths. Let your shoulders soften as you breathe out.

Release Tension

Notice if your jaw, shoulders, or chest feel tight.
As you breathe out, allow those areas to soften and relax.

Ground Yourself

Bring your attention to the present moment.

Quietly notice:
• 3 things you can see • 2 things you can feel• 1 thing you can hear

Let your attention settle.

Choose Your Next Step

Now ask yourself one simple question:

“What is the next small step I can take right now?”

Not the perfect step. Just the next one.

Small steps taken from a calm mind build real momentum.

Step 6

Take the Next Tiny Step



After reflecting on where you are, what you want, and why it matters, it's easy to feel like there's a lot to change. But real progress rarely comes from trying to fix everything at once.

The purpose of Step 6 is to help you move forward by choosing one small, meaningful action you can take right now.

Progress doesn't happen all at once. It happens through small decisions and small actions repeated over time. Even a tiny step can begin shifting how you think, how you feel, and how you show up in your life.

You don't need to solve everything today. You simply need one step that feels possible and honest for you right now.

Take a moment to decide what that next tiny step could be. Turn the page...

> *"Small steps taken with intention lead to meaningful change."*

From Insight to One Small Action

You don’t need to fix everything all at once. Real progress often begins with one small step that moves you gently in the direction you want to go.

Taking a moment to decide on one simple action can turn reflection into movement and intention into progress.

Use the questions below to choose one small step you can take from here.

1. **What feels like the most important thing for me to move forward right now?**

2. **What is one tiny, realistic step I could take in the next few days?**

3. **When will I do this?**

4. **How will I support myself to follow through on this step?**

Step 7

Review, Celebrate & Reset



By now, you've taken time to reflect on where you are, what you want, why it matters, and the small steps that can move you forward. Before continuing, it's important to pause and recognize what you've learned along the way.

The purpose of Step 7 is to help you acknowledge what you're ready to release, recognize the progress you've made, and choose how you want to move forward.

Growth often becomes clearer when you take a moment to notice what is no longer serving you and what you're proud of yourself for facing. These moments of recognition help strengthen your commitment to change.

This step invites you to close this part of the process with intention by identifying one thing to stop, one thing to celebrate, and one new way you will begin showing up for yourself.

Take a moment to reflect honestly and write what feels most true for you right now. Turn the page...

> "Growth begins when you honor where you've been and choose how you move forward."

Closing the Loop

Before moving forward, it's important to pause and acknowledge what this process has shown you. Change becomes stronger when you recognize what you're ready to leave behind, what you've already done well, and how you want to show up from here.

Use the questions below to reflect on one thing you're ready to stop, one thing you're proud of, and one way you want to begin moving forward.

STOP

One pattern, habit, or story I am now choosing to stop is:

CELEBRATE

One thing I'm genuinely proud of myself for in this process is:

START

One way I will start showing up for myself differently from now on is:

Read your STOP, CELEBRATE, and START out loud once.

Let your brain hear the decision, the win, and the new beginning in your own voice.

You Did It!

You showed up for yourself, told the truth,
and kept going even when it felt hard.
That choice alone is already changing you.

First, you did the part most people skip:

you stopped running on autopilot and told the truth about where you really are.

Then, you got honest about what you actually want, why it matters, and how you've been speaking to yourself.

You faced your stress, began to calm your mind and body, and chose tiny steps instead of waiting for a perfect moment.

That's how change happens.

Not by wishing for a different life, but by meeting yourself where you are and moving forward on purpose.

But don't let this be a one-time exercise.

Come back to what you wrote.
Add to it.

Keep noticing what's draining you, what's working for you, and what you want more of.

This is how you stay clear on what matters –
and how you keep building your life on purpose, one decision at a time.

Your hardest moments and your smallest wins aren't just stories – they're information you can use.

And now you've turned that information into awareness, intention, and a path.

You've laid the groundwork to go from stuck to unstoppable.

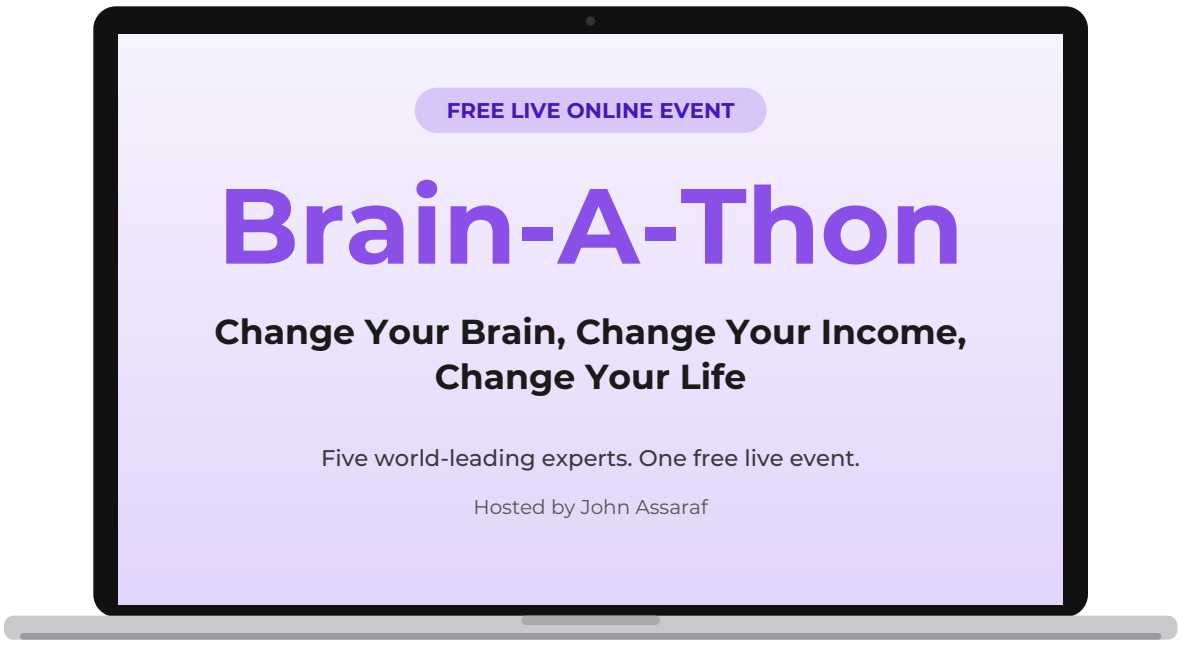
Now, keep going.

> You're not here to remain stuck.
> You're here to keep growing and evolving.
> Stuck to unstoppable.

Keep Building Your Best Life From Stuck to Unstoppable

Now that you've got the clarity and tools to move from stuck to unstoppable, keep your momentum going. The easiest way to lock this in is with a bit of extra support. Join me at the **FREE LIVE** online **Brain-A-Thon**, where five world-leading experts show you how to clear what's really been holding you back, so taking confident action feels easier, day after day.

Sefika x



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